



# How long can breast milk be stored in the refrigerator





## How long can breast milk be stored in the refrigerator



### [Storing and Thawing Breast Milk , WIC Breastfeeding Support](#)

If you are storing fresh breast milk, follow these guidelines for how long the milk can be safely stored. When storing in the refrigerator or freezer, store the milk in the back, where the temperature is most constant.

### [How Long Can Breast Milk Stay In The Fridge? , Fridge Rules](#)

How Long Can Breast Milk Stay In The Fridge? Safer Storage Windows The usual fridge limit for freshly pumped breast milk is up to 4 days when your refrigerator holds at or below 40°F (4°C). That window assumes clean ...



### [Breast Milk Storage: What to Use & How Long to Store Breast Milk](#)

After you express breast milk, you can store it in the refrigerator for up to eight days, but it's best to use it in four days. Your fridge should be around 32 to 39 degrees F for proper storage of the milk.

### [Breast Milk Storage: How Long Is It Safe in the Fridge?](#)

Breast milk can generally be stored in the refrigerator for up to four days at 39°F (4°C) or colder. This timeframe is widely recognized for maintaining the nutrition and safety of the milk. Temperature Consistency: Keeping ...



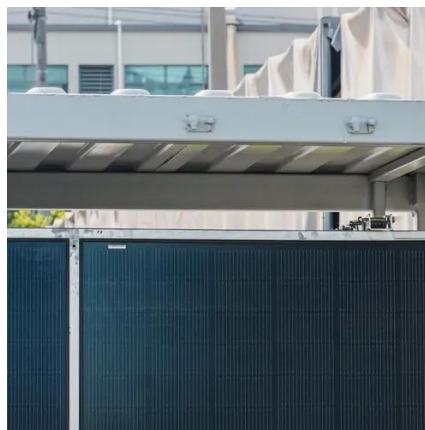
### [How Long Can Breast Milk Stay Out of the Fridge](#)

Yes, you can leave freshly expressed breast milk out of the fridge for a short period of time, depending on the environment and how it's stored. According to the CDC and other health organizations, ...



### [Tips for Freezing & Refrigerating Breast Milk](#)

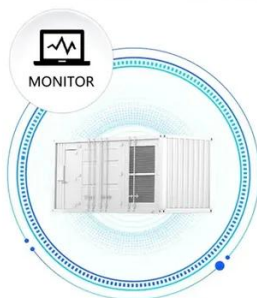
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### **How to Store Breast Milk**

Freshly expressed breast milk can be left out at room temperature for up to four hours, and if left out--versus stored in the fridge right away--is best for immediate use.

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### **Breast Milk Storage Times**



Freshly expressed breast milk can be safely stored for 4 hours at room temperature, up to 4 days in the fridge, and 6-12 months in the freezer. Understanding Breast Milk Storage Times- Fridge, Freezer, And Room ...



### [Breast Milk Storage and Preparation . Breastfeeding . CDC](#)

In the refrigerator for up to 4 days. In the freezer for about 6 months is best; up to 12 months is acceptable. Although freezing keeps food safe almost indefinitely, recommended storage times are important ...

### [Tips for Freezing & Refrigerating Breast Milk](#)

Breast milk is best stored in the back of the refrigerator (39°F or 4°C), where there are fewer temperature fluctuations. It is best to use refrigerated breast milk within 4 days.



### **How to Properly Store Breast Milk**

Freshly pumped breast milk can be stored in the back of the refrigerator (39° F or 4° Celsius) for up to four days -- just don't forget it's there.



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